



Wildflower Checklist



Wildflowers:
From Myth to Magic

From the mythology of Zeus turning Io's tears into violets, to wrapping yarrow in flannel and placing it under your pillow to dream about love, the folklore of wildflowers is as delightful as their delicate blossoms. This checklist is not a complete listing of wildflowers in Catoctin Mountain Park and does include some flowering shrubs. As the forest grows and changes, as the animal populations change, the plant species also change. Enjoy the wildflowers, but please do not disturb or pick them so that all may enjoy their beauty, fragrance, and magic!

KEY					
Habitat:	R	=	Roadside or open areas		
	UW	=	Upland Woods		
	L	=	Lowlands		
Abundance:	C	=	Common		
	FC	=	Fairly Common		
	UC	=	Uncommon		
	RA	=	Rare		

White	WHITE			Plantain, Rattlesnake	Jul-Aug	UW, FC
				Pokeweed	May-Oct	R, FC
	Anemone, Wood	Apr-Jun	UW, C	Pusseytoes	May-Jun	R, FC
	Avens, Rough	May-Aug	R, FC	Queen Ann's Lace	May-Oct	R, C
	Bedstraw	Jun-Aug	UW, C	Rose, Multiflora	Jul-Sep	R, FC
	Blackberry	May-Jun	R, FC	Rue-Anemone	Apr-May	UW, FC
	Bloodroot	Mar-May	L, C	Saxifrage, Early	May-Jun	UW, FC
	Chickweed, Common	Apr-May	R, FC	Snakeroot, White	Jul-Sep	L, FC
	Chickweed, Star	Apr-May	UW, FC	Solomon's Seal,		
	Cicely, Sweet	May-Jun	L, C	False	May-Jun	UW, FC
	Cress, Spring	Mar-Jun	L, C	Star-of-Bethlehem	May-Jul	R, FC
	Cohosh, Black	Jun-Sep	UW, C	Strawberry, Common	Apr-Jun	R, UC
	Daisy, Ox-eyed	May-Oct	R, C	Tick-Trefoils	Jun-Aug	UW, FC
	Dutchman's Breeches	Apr-Jun	L, UC	Trillium, Nodding	Apr-Jun	L, RA
	Indian Pipe	Jun-Sep	UW, C	Violet, Sweet White	Apr-Jul	UW, FC
	May-Apple	Apr-May	UW, C	Virgin's Bower	Jul-Oct	UW, FC
	Mayflower, Canada	May-Jul	L, FC	Wineberry	May-Jun	R, C
	Miterwort	Apr-Jun	L, C	Wintergreen	Jun-Jul	UW, UC
	Mustard, Garlic	May-Oct	R, C	Wintergreen, Striped	Jun-Aug	UW, UC
	Nightshade, Enchanter's	Jun-Sep	L, FC	Wood Aster, White	Aug-Oct	UW, FC
	Phacelia,			Yarrow	Jul-Aug	R, C
	Small-flowered	May-Jun	UW, UC			
White or Pink	WHITE or PINK			VIOLET to BLUE		
White or Blue	Arbutus, Trailing	Apr-May	UW, UC	Aster, Smooth	Aug-Oct	R, FC
	Beardtongue, Hairy	Jun-Jul	UW, FC	Beardtongue, Hairy	May-Jul	UW, FC
Violet to Blue	Bindweed, Field	Jun-Sep	R, FC	Cancer Root	Apr-Jun	L, RA
	Ginseng, Dwarf	May-Aug	UW, FC	Comfrey, Wild	May-Jul	UW, FC
	Hepatica	Mar-Jun	UW, FC	Gill-Over-the-		
	Orchis, Showy	Apr-May	L, UC	Ground	Mar-Jul	R, FC
	Partridgeberry	May-Jun	UW, FC	Heal-All	May-Oct	R, FC
	Rocket, Dame's	Jul-Sep	R, FC	Pennyroyal, False	Aug-Oct	UW, FC
	Spring Beauty	Mar-May	L, FC	Speedwell, Common	May-Aug	UW, C
				Violet,		
	WHITE or BLUE			Common Blue	May-Jun	L, C
				Violet, Dog	Mar-Jun	L, FC
	Bluets	Apr-Jun	R, FC	Viper's Bugloss	Jun-Sep	R, UC
	Chickory	Jun-Oct	R, C			
	Hepatica	Mar-Jun	UW, FC			

Pink to Red	PINK to RED			Milkweed, Common	Jun-Aug	UW, FC
				Pimpernel, Scarlet	Jun-Sep	R, UC
	Azalea, Pink	May-Jun	UW, UC	Thumb, Lady's	Jul-Sep	R, C
	Bergamot, Wild	Jun-Sep	L, RA	Wood-betony	Apr-Jun	UW, FC
	Blackberry,					
	Purple-flowering	Jun-Aug	UW, UC			
	Cardinal Flower	Aug-Sep	L, UC			
	Columbine	Apr-May	UW, UC			
	Corydalis, Pale	May-Sep	UW, UC			
	Deptford Pink	Jun-Sep	R, FC			
	Fleabane, Common	Apr-Aug	UW, C			
	Geranium, Wild	Apr-Jun	R, FC			
	Laurel, Mountain	May-Jun	UW, FC			

Yellow or Orange Green to Brown	YELLOW or ORANGE			GREEN to BROWN		
	Bellwort, Perfoliate	Apr-Jun	L, FC	Beechdrops	Sep-Oct	UW, UC
	Buttercup, Common	May-Sep	R, C	Clearweed	Jun-Sep	R, FC
	Cinquefoil, Common	Apr-Jul	R, FC	Ginger, Wild	Apr-May	L, C
	Cress, Winter	Apr-Aug	L, FC	Helleborne, False	May-Jul	L, FC
	Coltsfoot	Mar-Jun	R, C	Jack-in-the-Pulpit	Apr-Jun	L, C
	Corydalis, Yellow	Apr-Jun	UW, UC	Nettle, False	Jun-Sep	L, FC
	Cucumber-root,			Poke, Indian	May-Jun	L, FC
	Indian	May-Jun	L, FC	Ragweed, Common	Jun-Sep	R, UC
	Lily, Trout	Mar-Jun	L, FC	Skunk Cabbage	Feb-Mar	L, C
	Marigold, Marsh	May-Jun	L, UC	Solomon's Seal, Great	May-Jun	L, UC
	Mullein, Common	Jul-Sep	R, UC	Squawroot	May-Aug	UW, C
	Primrose, Evening	Jul-Sep	R, FC			
	Rattlesnake Weed	May-Sep	UW, UC			
	Sorel, Wood	May-Sep	R, C			
	Squawroot	May-Aug	UW, C			
	Strawberry, Indian	May-Aug	R, FC			
	Touch-Me-Not,					
	Spotted	Jul-Oct	L, FC			
	Violet,					
	Smooth Yellow	May-Jun	L, C			
	Wood-betony	Apr-Jun	UW, FC			

<p>The Importance of Wildflowers</p>	<p>The importance of wildflowers is often overlooked by the casual observer. Historically plants have been used for a variety of purposes. Nosegays (a small bunch of flowers to be carried by hand) were developed for their fragrance values in times of poor sanitary conditions. Wildflowers have been and still are a source of food for both man and animals.</p>	<p>With the current resurgence of natural and herbal medicines, wildflowers continue to play an important role in our society.</p>
	<p>Native Americans and pioneers used many plants for medicines. Plants were used to soothe burns, cure ear aches, stop the flow of blood, settle an upset stomach, and even for the treatment of liver disorders. Many of today's modern medicines have their "roots" in wildflowers.</p>	<p>As important as wildflowers have been in our past, it is the possibility of their future contributions we seek to perseve.</p> <p>Geneticists are interested in Spring Beauties for their varying number of chromosomes in each individual plant. Most living organisms have a constant or set number.</p>
		<p>Scientists have discovered that Spiderwort is very sensitive and the color of their blossoms will change in relationship to the level of pollution. Through the preservation of wildflowers, future medical cures or other important scientific discoveries may be made.</p>

<p>Wildflower Issues</p>	<p>ALIEN PLANTS</p> <p>Several species of non-native plants have invaded the park. These plants often out compete the native species for space and habitat. Managing the park for native species becomes an ever increasing challenge with the influx of Japanses Barberry, Japanese Stilt Grass, Mile-A-Minute, Beefsteak plant and Tree of Heaven.</p>	<div> <p>To Contact the Park:</p> <p>Write to:</p> <p>Superintendent</p> <p>Catoctin Mountain Park</p> <p>6602 Foxville Road</p> <p>Thurmont, MD 21788-1598</p> <p>Or call:</p> <p>(301) 663-9388</p> <p>Or visit our website at:</p> <p>www.nps.gov/cato</p> </div>
	<p>PLANT POACHING</p> <p>As the de,amd fpr native plants and their products increases the pressures of illegalharvest also increase. National Parks face tough challenges to protect and preserve these resources. Black Cohosh, Ginseng, Ferns, Shelf Fungi, Pink Lady's Slipper, and Hemlock trees have all been threatened amd/or impacted by poaching in the Park.</p>	